

Agawam

Independent



Telephone 788-8996

Vol. 12, No. 39.

4

AGAWAM, MASS. 01001: THURSDAY, JANUARY 1, 1970

By Subscription \$1.50 Per Year — 5c Per Copy

St. John's Guild To Host Selectmen

St. John the Evangelist Guild will play host to the Agawam Board of Selectmen at their Jan. 6th meeting in St. John's Parish hall. Rev. Walter J. Joyce, pastor, and Guild advisor, will bring a New Year's message to members.

The Selectmen, Edward Connally, chairman, Joseph Della-Giustina and George Reynolds will present "Town Hall Tonight." They will explain what transpires at a typical Monday meeting of the Board and explain the duties of their office. Mrs. Thomas Danford, Guild president, will moderate the program. A question period will follow.

Refreshments will be served under the direction of Mrs. Gustave Benoit, Mrs. Robert Carney, Mrs. Felix Poggi and Mrs. Robert Griffen. Hall decorations are in charge of Mrs. Joseph Oliwa, Mrs. Peg Taylor and Mrs. Donald Crouch.

Plans for the second annual St. Patrick Day's musical show featuring a "Miss Colleen" contest, will be formulated at the meeting. The business session will start at 8 p.m., with the program getting underway at 8:30. New members are welcome to attend.

Community Grange Program Tuesday

Community Grange will meet on Tuesday evening, Jan. 6th at the Grange Home on North West St., for the first meeting of 1970.

A baked ham supper will be served at 6:30 p.m. to all members whose dues are paid in full for 1970. Miss Florence Blish and Mrs. Rachel Williams are in charge of the supper and reservations should be made in advance with Miss Blish or Mrs. Earl Bradway.

Following the usual business meeting at 8 o'clock a hobby program will be featured. Mr. H. Ellsworth Bostwick will talk on "Money." Both coins and paper money will be discussed. There will be a display of members hobbies to which all are asked to contribute and describe briefly.

Junior Grange Meeting Jan. 3

The first meeting of the New Year for the Junior Grange will be the annual Dues-Paying luncheon at 12:30 at the Grange Home Saturday, Jan. 3.

Each Junior member will bring a part of the lunch as arranged by the committee of honorary members: the Misses Elizabeth Werner, Carol Goodwin, and Mrs. Ruth Vigneaux.

Before the business meeting, dues will be received by the secretary and the new annual word will be given to those entitled to receive it by the master, Pauline Sosnowich.

(Please Turn To Page 3)

We
Greet
a
Brand
New
Year!



From house to house and friend to friend, here's a heartfelt greeting to all that the New Year brings great happiness and prosperity day after day. We're proud and grateful to be members of this fine community.

Agawam Independent Newspaper

New Classes Scheduled At Information Center

The Springfield Home Information Center at 150 Sumner Ave., Springfield, has scheduled a series of new classes to start the week of Jan. 12. The following home crafts will be offered to all interested persons in the Springfield and suburban areas.

Classes in Canvas Embroidery, also known as Needlepoint, will meet on Monday afternoons from 1:30 to 3:30 and also on Tuesday evenings from 7 to 9. These classes offer a sampler for the beginner that includes 10 different stitches and shading of colors, and for those women who are more advanced in this craft we welcome them to attend to further their interests and learn how to design if they so desire.

A 10-week class in Crewel work for beginners will be held on Wednesday and Thursday mornings from 10 to 12 and Thursday evening from 7 to 9. These classes will produce a lovely picture suitable for framing or used as a pillow.

A Crewel Workshop for women who have had a beginners course, will be held on Monday, from 10 to 12, Thursdays from 1 to 3 and Wednesday evening 7 to 9. These classes are for women who enjoy Crewel on patterns that have already been designed for them or for those who would prefer to create patterns of their own.

For Knitters just beginning, a 10-week course will be offered every Tuesday morning from 10 to 12. This class will include all the steps necessary in competing a pullover cardigan classic sweater. An advanced class will be every Tuesday afternoon from 1:30 to 3:30 for those who would like to attempt more complicated projects.

Rug Braiding classes will be held on Friday, 10 to 12 for both beginners and advanced students. On the alternate Fridays Rug Hooking classes will resume their schedule from 10 to 3 p.m.

Chair Caning, a 6-week course
(Please Turn To Page 3)

Way Back When... Taking The First Census—1790

by EDITH LaFRANCIS

In 1790 Agawam was a part of the largest town in Hampshire County. West Springfield, topping the list with a population of 2,367 persons, included the area of what is now Agawam and Holyoke. Hampshire County included what is now Hampden County.

The second largest town proved to be Westfield with 2,204. Then came Conway with 2,092 and Granville with 1,979. Springfield listed 1,574.

President George Washington signed the First Census Act March 1, 1790. Under this law the marshals of the several judicial districts were required to ascertain the number of inhabitants within their respective districts, omitting Indians not taxed, and distinguishing free persons (including those bound to servitude for a term of years) from all others; the sex and color of free persons; and the number of free males 16 years of age and over.

Since the Constitution directs merely an enumeration of inhabitants the last category was no doubt to obtain definite knowledge as to the military and industrial potential of the country.

The marshals and assistants set out on their task, traveling by horseback, stage or flat-boat. The man responsible for the part of Hampshire County west of the Connecticut was Major General William Shepard of Westfield. Many of the roads he found to be merely "cartways." The only bridge over a stream of any size was the Agawam Bridge.

The census takers made their rounds and in due time wrote out their reports. Some of these are still in existence. Each writer ruled his own paper, wrote headings and bound the sheets together. In some cases merchants' account paper was used, and some were even bound in wall paper. Size of these reports varied from 7 inch by 3 inch, to 21 inch long, 14 inches wide and 6 inches thick, with some pages so big they had to be folded in.

The total population of the United States was found to be 3,929,214. Figures on West Springfield are:

Houses, 372;

Families, 384;

Free white males 16 years old or over, including heads of

(Continued on Page 4)

HELP WANTED
WOMEN FOR LIGHT BENCH WORK
8 a.m. shift

PACKAGING SERVICE

168 ELM STREET, AGAWAM

TEL. 737-4304

CHURCH NEWS

ST. ANTHONY OF PADUA CHURCH

Rev. Samuel Fayad, C.S.S., Rev. Joseph Mantia, C.S.S.

Saturday—4 to 5 p.m. and 7:30 to 8:30 p.m. confessions.

MASS SCHEDULE

Sundays—7, 8:30, 10:30 a.m. and 5:30 p.m.

Week days—7 a.m. and 5:30 p.m.

Holy days—7 and 9 a.m., 5:30 and 7:30 p.m.

Tuesdays—7:30 p.m. St. Anthony Devotions.

VALLEY COMMUNITY CHURCH

152 South Westfield St.

Feeding Hills

"THE CHURCH ON THE HILL"

Rev. Frank E. Dunn, Minister

Mrs. Hazel Prior, Choir Director

Mrs. John MacPherson, Organist

Mrs. Richard Orr,

Church Secretary

Sunday: 10 a.m. Morning Worship with Holy Communion. Sermon: "Starting All Over Again" and Sunday School Classes in Community Hall; 6 p.m. The Hilltoppers.

Monday: 8 p.m. Meeting of Men's Club—also meeting of Friendly Circle.

BIBLE BAPTIST CHURCH

Upper Church and Second Sts.

West Springfield, Mass.

Larry Thornton, Pastor

Sunday—11 a.m. Morning worship service. Supervised nursery service available upstairs in the church during morning service; 7 p.m. Evening Service.

SACRED HEART CHURCH

FEEDING HILLS

Rev. George Linse, C.S.S.

Rev. James Shea, C.S.S.

Saturday—4:30 a.m. 7:30 p.m. Confessions.

Sunday—6:45, 8, 9:15, 11:30 a.m. Masses.

Tuesday—7:30 p.m. Miraculous Medal Novena Devotions.

ST. THERESA OF INFANT JESUS CHURCH

Rev. Paul Bernard

MASS SCHEDULE

Daily Mass—7 a.m.

Saturday—8 a.m. Mass—4:30 and 7:30 Confessions.

Sunday—7, 9 and 11 a.m. Mass.

ST. JOHN THE EVANGELIST CHURCH

Rev. Walter J. Joyce

Rev. Albert Blanchard

Saturday—9 a.m., CCD classes for Grades 1-6 at the Junior High School.

Saturday—Confessions 4 to 5 and 8 to 9 p.m.

MASS SCHEDULE

Sunday—6:45, 8, 9:15, 10:30, 11:45 a.m.

Monday—7 p.m., CCD classes for Grades 7-12.

Tuesday—5:30 p.m., Mass followed by Miraculous Medal Novena.

ST. DAVID'S EPISCOPAL CHURCH

Rev. John S. Tyler, Vicar

Sunday—8 a.m. Holy Communion; 10 a.m. Festival Service; 7 p.m. Evening prayer.

SWARTZ COMPLETES AIRCRAFT CARRIER CRUISE

USS SARATOGA (FHTNC)—

Navy Data Systems Technician Seaman William F. Swartz, son of Mr. and Mrs. Fay V. Swartz of 16 Stanley Place, Agawam, has completed a six-month Mediterranean cruise aboard the attack aircraft carrier USS Saratoga.

While serving as one of two carriers serving with the Sixth Fleet, the Saratoga operates with U.S. and NATO forces.

When not involved in fleet operations, he had the opportunity to visit several Mediterranean ports, including: Valletta, Malta; Barcelona, Spain; Palma de Mallorca and Corfu and Rhodes, Greece.

GOLDEN TOUCH OF HOSPITALITY

BY JANE ASHLEY



Fried Chicken Favorite

Always welcome on your dinner table, fried chicken is a favorite with the young and old alike. This recipe is especially good because of the tempting creamy gravy. Corn starch in the recipe insures a smooth gravy.

Fried Chicken With Gravy

1/2 cup dry bread crumbs	1 broiler-fryer, cut up
1/2 to 1 teaspoon rosemary	1 egg, beaten
1 teaspoon salt	1/2 cup corn oil
Dash pepper	1 tablespoon corn starch

1 1/2 cups milk

Mix bread crumbs, rosemary, salt and pepper. Dip chicken pieces in egg. Coat with crumb mixture. Heat corn oil in large, heavy skillet over medium heat 3 minutes or in electric skillet to 375°F. Add chicken and brown on all sides. Reduce heat to low or 250°F. in electric skillet. Cook 30 minutes or until chicken is fork tender. Remove and drain on absorbent paper. Keep warm.

Pour drippings from skillet into cup. Measure 2 tablespoons of drippings back into skillet. Mix in corn starch. Place over low heat or 200° in electric skillet. Gradually stir in milk. Stirring constantly, bring to boil and boil 1 minute. Serve with chicken. Makes 4 servings.

CITIZENS OF AGAWAM:

I wish to extend my deepest regrets to all of you who will suffer the agony of shoveling extra hundreds of pounds of snow this winter. This extra snow is being graciously bestowed on you by "your friendly shoveling contractor" who is paid by your tax money to dump snow in your driveway.

I wonder why, instead of having three trucks following each other around up and down the roads numerous times, the contractors couldn't have one jeep with a plow go around behind the trucks and remove the excess snow they have dumped in your driveway. This is expensive you say, well so is the price of a gallon of gas. Everytime you buy a gallon, stop and think about the buck you just paid that is going to help dump more snow in front of your driveway.

And of course you realize they are not just dumping plain, old, flaky, granular snow in front of your driveway, no sir!!! They push it along and pack it nice and tight so it is good and heavy, and then dump it right in front of your driveway, so that when you lift this stuff, you have a heart attack. Think about it while you are more fortunate, think about it after you have gotten your driveway nice and clean, and the plow comes by and dumps a ton of snow in front of your driveway!!!

My deepest sympathy goes out to those poor old souls who are unable to shovel and have to pay

someone to do it. It must be nice to pay someone to shovel or plow your walk and driveway so that the plows can come along and fill it back in!!!

This problem is not that of the individual but of the whole town, for everyone that pays taxes and then has to shovel the snow he has paid to have removed, is surely getting the shaft put to him. So, to all of you I give my deepest regrets and truly hope you will survive the extra burden placed upon you with your own tax money.

Clifford W. Turcotte
An Irate Taxpayer

FUNERAL NOTICE

The funeral of James C. Kerr, husband of Barbara (Hart) Kerr, of 560 North West St., Feeding Hills, was held Dec. 16 from the Curran-Jones Funeral Home. Rev. Robert F. Berkey officiated. Bearers were: Robert Fuller, Bradford Fuller, Carl Roberts, Arthur Kerr, Douglas Cesan, and Ronald Kerr. Burial was in Springfield St. Cemetery, with Mr. Berkey conducting the service of committal.

The funeral of Mrs. Mildred (Bellows) Narkewicz, wife of Milton T. Narkewicz of 36 Senator Ave. was held Dec. 22 from the Curran-Jones Funeral Home, followed by a Requiem High Mass in St. John the Evangelist Church. Rev. Walter J. Joyce was celebrant. Burial was in Village Cemetery, Walpole, N. H.

a HAPPY NEW YEAR to all!

our good friends...

DELOGHIA TRUCKING CO.

AGAWAM



NATIONAL SELECTED MORTICIANS

Member By Invitation

CURRAN-JONES, Inc.
FUNERAL HOME

109 MAIN STREET

WEST SPRINGFIELD

Telephone RE 6-7742

All Furniture Receives Our Special Attention!

We Take Pride in Our Work

— You Will Appreciate It!

See Our LARGE SELECTION
of UPHOLSTERING SAMPLES

• Get a FREE ESTIMATE •

J. DePalo & Son

289 SPRINGFIELD STREET

AGAWAM

RE 2-7351 or RE 9-7759

Made-To-Order UPHOLSTERING

REPAIRING • RE-STYLEING • REFINISHING



Waste Collections

1—Containers for rubbish shall be standard metal trash barrel approximately 18" in diameter and 26" high, free from all jagged or sharp edges, equipped with two carrying handles.

2—Under no circumstances will rubbish be picked up if a 55 gallon oil drum or other non-standard containers are used.

3—Papers shall be firmly secured in bundles and placed in a container.

4—All rubbish containers to be collected shall be placed at tree belt before 7:30 a.m. the day the rubbish is scheduled for collection.

5—Under no circumstances will rubbish be collected if the rubbish barrel contains any type of GARBAGE.

FRIDAY, JANUARY 2
ROUTE 4

Alexander Ave., Belmont Ave., Belvidere, Briar Hill Rd., Brookline, Carol Dr., Churchill Ave., Clover Hill Dr., Columbia Ave., Country View Cir., Daniel, Fordham Ave., Fox Farms Rd., Granier Dr., Harvard Ave., North St. Ext., No. Westfield, No. West, Northwood, New York Ave., Oriole Drive, Parkview Dr., Pleasant Valley Rd., Provin Mt. Dr., Richmond Ave., Ridgeview Dr., Robin Ridge Dr., Strawberry Hill Rd., Squire Ln., Roosevelt Ave., Thalia Dr., Vassar Dr., and Yale Ave.

FRIDAY, JANUARY 2
ROUTE 5

Barry, Bradford Dr., Briarcliff Dr., Carmel Ln., Elmar Dr., Hamar Dr., Hamilton Cir., Hendom Dr., Hickory, Meyers Dr., Overlook Dr., Pine, So. West, So. Westfield, Southwick, Sunset Ter. and Tannery Rd.

MONDAY, JANUARY 5
ROUTE 6

DePalma, Doane Ave., Edgewater Rd., Franklin St. Ext., Garden, Gunn-Geary Ln., Holland Dr., Memorial Dr., Mill, Mountainview, Old Mill Rd., Phil, Poplar, Porter Dr., Shoemaker Ln., Silver, Silver Lake Dr., Suffield, Twin Oaks Rd., and Vadas St.

TUESDAY, JANUARY 6
ROUTE 7

Althea Cir., Anthony, Belle, Brien, Center, Clematis Dr., Colonia Ave., Cooper, Elsie, Fairview, Federal Ave., Federal, Federal St. Ext., Greenacre Ln., Harvey Johnson Dr., Homestead, Karen Dr., Ley, Poinsettia, Potomac Pl., Prince Ln., Reed, Samuel, Senator Ave., Stanley Pl., Valentine, Valentine St. Ext., Vernon, Virginia, Washington, Westford Cir., and Woodside Dr.

WEDNESDAY, JANUARY 7
ROUTE 8

Allen, Adams, Birch Hill Rd., Carr Ave., Cosgrove Ave., Elm, Emerson Rd., Haskell, Henshaw Ave., Kanawka Ave., Lealand Ave., Main, Mardale Ave., Nile Ave., Oxford, Parker, Perry Ln., Pineview Cir., Raymond Cir., Riverside Ave., Riverview Ave., Ruskin Ave., Ridge Ave., South, So. Park Ter., Stewart Ln., Sunnyslope Ave., Thirlmere Ave., Veranda Ave., Woodcliff Ave. and Wright St.

THURSDAY, JANUARY 8
ROUTE 9

Albert, Alfred Cir., Alfred Ct., Alfred, Alhambra, Cir., Bailey, Barney, Central, Charles, Corey, Editha Ave., Edward, Elbert Rd., Ellison Ave., Farnk, Hunt, James Ave., John, Joseph, Kirkland, Liberty Ave., Maple Ave., Meadow Ave., Meadow, Melrose Pl., Monroe, Pomeroy, River Rd., School, Seymour Ave., Sterling Rd., Sunrise Ter., Trinity Ter., Willard Ave., and Wyman Ave.

Agawam Independent by Mail
\$1.50 Per Year

Selling Your Home?

We have customers waiting for homes in AGAWAM.

739-3808 or

739-3303

BELTRANDI & CO.

Now We Understand

This is the time of the year when most of us take inventory of our accomplishments and submit our proposals for the ensuing year. This procedure is relative in family planning, business organization, or in the administration of town government.

It is for those not closely associated participating in our town's administration that this column is written.

Briefly I would like to report what has been accomplished in 1969 as well as what we have failed to do in the past year. Recently I had both the honor and the privilege of cutting the ribbon at the Agawam Center Library addition. One had to feel a certain pride in being an Agawam citizen when one witnessed the results of the efforts of everyone associated with this project . . . it personified "class" and "dignity" throughout. At this dedication we left a challenge with the Library Trustees to continue their efforts to provide like facilities at the North Agawam and Feeding Hills Library Centers.

The real estate re-evaluation program approved by the voters and under the direction of the Board of Assessors is in its final phases. It is expected to be applied to the 1970 assessments. This will mean a more realistic tax rate for Agawam, with many predicting a figure close to \$30 per thousand.

Your voters expended \$50,000. for a survey of sewerage and surface drainage at the 1969 town meeting. Although this endeavor has not been finalized, it is expected to be completed for the coming year. This report will be essential in programming the development of the Industrial Tract and the construction of new apartments.

We are waiting for a Federal appropriation to "HUD" and subsequently, we trust, a subsidy to provide much needed, and long awaited, sewer facilities for the southerly section of our town.

We have continued our policy of replacing Police cruisers and D.P.W. equipment as the need and efficiency warranted. We have been most fortunate in Police Cruiser bids due to the fact that apparently a large motor concern's policy subsidizes, for local agencies, a portion of the purchase price.

We have instituted a committee to study and report their findings on a proposal of a change in Charter in the Town's management. This, in the writer's opinion should have high priority in 1970.

The full effects of a full-time Parks and Playground Director have not been ascertained due to his short term in office. We do acknowledge the value of this program in a growing community. I do caution the townspeople that the roots of any juvenile problem which we may have cannot be dissolved entirely by the construction of swimming pools and recreation centers.

Our top priority is the question of providing seats for school children. This we have failed to

"The Best in Sight"



**PATRICK F. RUSSO
OPTICIANS**

1421 Westfield St., W. Spfld.
(Next to S.I.S. Bank)

Tel. 734-5502

Open Tues. & Thurs. 'til 8

do in 1969. We have witnessed a neighboring city lose school accreditation and another forced to double sessions. This sort of ominous shadow should never be cast over our school system. However, it does have present potential. Our procrastination and indecisiveness are costing our taxpayers at the rate of approximately 1% per month according to Mr. Black of the State School Building Assistance Committee.

Most of us do not feel the full impact of this added expense because we haven't been faced directly with paying the bill. When you are talking about spending a million today and then realize that if you don't the same item will cost one million plus one percent next month, you must expect your personal earnings will have increased at the rate of 12% per annum in order to "break even."

My advice to you for 1970 is not to listen to the garrulous, including me, but rather to ponder carefully your Town's 1970 budget with the same cautiousness that you would use on your own and then make your decision. Keep always in mind that we can make the most ambitious accomplishments if we attempt them together.

Sincerely,
GEORGE L. REYNOLDS,
Selectman.

New Classes

(Continued From Page 1) will be scheduled on alternate Fridays from 1 to 3. This gives an opportunity to reseat those chairs or antiques that you have been wanting to make use of in your home.

All sewing classes will be conducted as usual starting the week of Jan. 5th. Classes are limited and registrations may be made by calling the Center, 733-7315 or visit us in person for further information. Registrations must be made before Jan. 9th.

My Neighbors



"You've got to come out of your shell on this job, Frimby!"

January 14, 1873 — "Celluloid" was registered as a trade name.

ALL FORMS OF COVERAGE

MOLTA & THOMAS INSURANCE AGENCY

COMPLETE
Insurance
SERVICE

- LIFE
- FIRE
- AUTO
- HOME

"Protect
Your Future"

SEE US
FOR
MUTUAL
FUND
INVESTING

Call . . . 733-3339

Round The Town



By Ann Nael
phone ST 8-8996

Frank E. Parkinson of 418 Meadow St., Agawam, has been appointed market development specialist for United States Envelope's Eastern Region.

He has been with USE since 1963 when he joined the company as a sales representative in the metropolitan New York area. In 1968 he was named sales coordinator for the Eastern Region.

Formerly of Brooklyn, N. Y., Parkinson attended New York University.

George J. Reznicek has been named supervisor in the field controllers department at the Springfield casualty and surety division office of Aetna Life & Casualty.

Reznicek, a graduate of the University of Iowa, joined Aetna in 1968 at St. Louis, Mo., and had most recently served in a supervisory post there. He lives at 172 Regency Park Dr., Agawam.

Mr. and Mrs. Douglas Lane of Omaha, Nebraska, announce the birth of a daughter on Dec. 24th. The couple have two other daughters, Nancy and Judith. Mrs. Lane is the former Susan LaFrancis of Agawam. Maternal grandparent is Mrs. Edith LaFrancis of Wilson St., Agawam, and paternal grandparents are Mr. and Mrs. Clayton Lane of Chelmsford, Mass.

Get the Independent by Mail
\$1.50 Per Year.

Flowers for All Occasions

(Scent with Love)



AGAWAM FLOWER SHOP

705 Main St. - Agawam
• FREE DELIVERY •
Tel. 732-3427

(If No Answer Call 732-1304)

The Agawam Independent—Thursday, January 1, 1970 Page 3

Junior Grange

(Continued From Page 1)

During the meeting the degree will be conferred on Barbara and David Jones and Brian Turnbull by the regular officers. A short program appropriate to the season will be presented by the lecturer, Richard Curry.

The State Superintendent, Mrs. Shirley Murphy of Northboro,

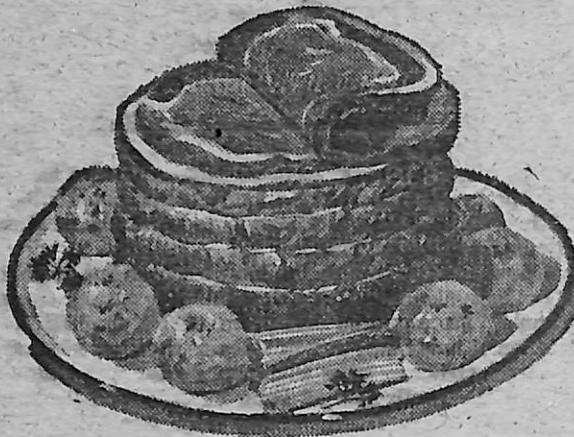
will be meeting with the Junior Deputies at the Community Grange Home on Sunday afternoon, Jan. 4.

**For Classified
Advertising Rates
Call 788-8996**

AGAWAM PUBLIC MARKET 768 MAIN STREET

Open 7 A.M. to 6 P.M. — Open Fri. Nites

★ Happy New Year ★



Bottom Round Roast

**\$109
lb.**

TOP ROUND STEAK

lb. \$1.29

CUBE STEAKS

lb. \$1.29

CHICKEN BREASTS

lb. 69¢

CHICKEN LEGS

lb. 59¢

SWEET LIFE

lb. 79¢

BACON

BIG BUY OF THE WEEK

SWEET LIFE — COUNTY KISSED

SWEET POTATOES

with PINEAPPLE

5 15 oz. cans 97¢

• AS ADVERTISED ON TV •

COLLEGE INN

CHICKEN BROTH

lg. 46 oz. can 39¢

SWEET LIFE — SAVE 10¢

POTATO CHIPS

12 oz. bag 49¢

SWEET LIFE — STEMS AND PIECES

MUSHROOMS

4 4 oz. cans 97¢

LIBBY'S

CORNED BEEF

12 oz. can 55¢

FROZEN FOODS

ROMAN

PIZZA

PHILADELPHIA

CREAM CHEESE

3 lg. 8 oz. pkgs. \$1

Double United Stamps Wednesday

Agawam Independent

Published Every Thursday by
THE INDEPENDENT PUBLISHING CORP.
575 Walnut Street Agawam, Mass. 01001
Telephone 788-8996

HELENA M. MCLEAN, Editor
RITA M. LECOUR, Advertising
BILL CHIBA, Outdoor Editor



Founded in April, 1958—by Bert L. Shepard,
David C. Gallano and Vincent R. Caroleo

Corporate Officers:

Helena M. McLean, President; Rita M. Lecour, Treasurer.
Postage paid and entered as Second Class Matter at Agawam Post
Office, April 16, 1959 under the Act of Congress of March 3, 1897.

MAIL SUBSCRIPTION RATE: \$1.50 PER YEAR

The Agawam Independent assumes no financial responsibility for typographic errors in advertisements but will reprint that part of any incorrect ad plus a statement in its news columns calling attention to that error, in the event the error was the fault of the paper.

Vol. 12. No. 39.

Thursday, January 1, 1970

Way Back When . . .

(Continued From Page 1)

families, 630

Free white males under 16, 525;

Free white females including heads of families, 1,160 and

and all other free persons, 52.

The "all other free persons" included Negroes and a few Indians who owned property and paid taxes. Connecticut listed 2,764 slaves and 2,808 "other free persons." There were no slaves in Massachusetts, Maine nor Vermont in 1790.

No street names are given on the list of course but neighborhood groups can be recognized by a few familiar key names of persons; as the Burbanks, Flowers and McIntires of Feeding Hills. Pliny Leonard, Nathan Rowley and Enoch Cooper lived on what are now Main and Federal streets. Bliss Fletcher, Porter and Bedortha are in the group on the south half of Main street. The Leonards, far out-numbering any other family name, were found in every part of the town.



Dec. 12, 1969

To Whom It May Concern:

This letter, I hope, will appear in the "Independent" to show the residents of Agawam just what is going on in Vietnam. It is not meant as a prank or joke. It is just my personal opinion that the people in the United States are disillusioned by the press as to just what is going on.

Many people are concerned as to "what the - - for"? I cannot answer this—it is very true there is death, suffering, and many let downs that a man has to put up with while being over here. What people fail to realize is that it is not really a war. If an American soldier wants to have supporting artillery fire he has to go through various clearances so no civilians will be hurt. The thing is, the enemy attire is the same as the civilians and so more often than not, the supporting fire is denied a Seabee.

and the enemy gets away.

Too many people are making a lot of money and as a result do not want this "WAR" stopped. If the GIs were given the order for "free fire" and the bombing had not stopped this war more likely than not would be over.

signed . . . E. A. L.
199th LT. INF. BDE.
Vietnam

PETRANGELO WITH NAVAL MOBILE CONSTRUCTION VIETNAM (FHTNC) — Navy Equipment Operator Third Class Frank A. Petrangelo, son of Mr. and Mrs. Vincent Petrangelo of 96 Royal Lane, Agawam, is serving with Naval Mobile Construction Battalion 121 in Vietnam.

In Vietnam Seabees build air-strips, temporary housing, port facilities, fuel storage tanks, drill water wells and construct other facilities as they become necessary.

Occasionally they become targets for enemy snipers. When this happens the builders become defenders and put to use the skills acquired in combat training. The first Navy Medal of Honor recipient in Vietnam was a Seabee.

My Neighbors



"Isn't 18 a bit young to be doing autobiography?"

Printed Pattern



9079
8-18

Printed Pattern 9079: NEW Misses' Sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) takes 2 1/4 yards 45-inch.

SEVENTY-FIVE CENTS in coins for each pattern — add 25 cents for each pattern for Air Mail and Special Handling. Send to 170 Newspaper Pattern Dept., 232 West 18th St., New York, N. Y. 10011. Send for 1970 Spring-Summer Pattern Catalog. Free pattern coupon inside. 50¢

INSTANT FASHION BOOK— what-to-wear-answers.\$1.00

INSTANT SEWING BOOK— cut, fit, sew modern way. \$1.00

January 1, 1913 — The U. S. Parcel Post System started operation.



SENIOR HIGH

Monday: Hamburg on buttered roll, candied sweet potatoes, buttered corn, cheese wedge, peanut butter sandwich, chocolate cake w/chocolate icing, milk.

Tuesday: Tomato juice, cold cut grinder (ham, bologna & cheese) garden salad w/spinach greens & tomatoes, peanut butter sandwich, chocolate pudding w/topping, milk.

Wednesday: Macaroni w/meat cheese & tomato sauce, buttered green beans, bread/butter, fruit cocktail, milk.

Thursday: Frankfurt on roll, school baked beans, cabbage-carrot salad, peanut butter sandwich, apricot upsidedown cake w/topping, milk.

Friday: Oven fried fish sticks-tartar sauce, parslid potatoes, buttered carrots, hot raisin coffee cake w/butter, raspberry prune pie square, milk.

JUNIOR HIGH

Monday: Juice, hamburg on bun, green beans, peanut butter sandwich, fruit cup w/cookie, milk.

Tuesday: Shell macaroni w/meat balls, cabbage-carrot salad, bread/butter, banana cake, milk.

Wednesday: Oven fried chicken, mashed potatoes, buttered carrots, bread/butter, jello w/topping, milk.

Thursday: Juice, frankfurt on roll, peanut butter sandwich, mixed vegetables, potato chips, pumpkin cake, milk.

Friday: Juice, tuna fish salad, potato chips, buttered corn, bread/butter, purple plums w/cookie, milk.

DANAHY

Monday: Juice, frankfurt on roll, corn, applesauce cake, milk.

Tuesday: Juice, tomato soup w/rice & vegetables, bologna or peanut butter sandwich, cheese wedge, orange wedge, peanut butter cookies, milk.

Wednesday: Macaroni w/tomato meat sauce, bread/butter, green beans, peaches, milk.

Thursday: Meat ball grinders, cabbage-carrot salad, cheese wedge, milk.

Friday: Juice, grilled cheese or peanut butter sandwich, carrots-potato chips, apple crisp, milk.

GRANGER

Monday: Italian spaghetti w/meat-tomato sauce, green beans, bread/butter, apricots, milk.

Tuesday: Juice, frankfurt in bun, relish, mustard, potato chips,

January 5

to

January 9

7-minute cabbage, spice cake, milk.

Wednesday: Juice, hamburg gravy, fluffy rice, diced carrots, peanut butter sandwich, fruit square, milk.

Thursday: Chicken soup/vegetables, chopped ham/pickle sandwich, 1/2 hard boiled egg, cookies, orange sections, milk.

Friday: Juice, tuna fish sandwich, potato sticks, cheese finger, buttered vegetables, pineapple milk.

PEIRCE

Monday: Beef-vegetable stew, carrot sticks, peanut butter sandwich, citrus fruit cup, cookie, milk.

Tuesday: Spaghetti w/tomato-meat sauce, buttered green beans, bread/butter, cheese cube, prune whip w/topping, milk.

Wednesday: Pizzaburgers, buttered kernel corn, peanut butter sandwich, sliced peaches, milk.

Thursday: Orange juice, oven fried chicken, parsley buttered potatoes, cran-applesauce, chocolate cake w/mocha icing, milk.

Friday: Grilled cheese sandwich, tomato-corn casserole, pineapple delight, peanut butter cookie, milk.

PHELPS

Monday: Hamburg on buttered roll, relish, onion slices, catsup, buttered green beans, candied sweet potatoes, fruit, milk.

Tuesday: Oven fried chicken, bread/butter, mashed potatoes, peas, cranberry sauce, milk.

Wednesday: Ham/cheese grinder, lettuce-mayonnaise, buttered carrots, potato chips, butter cake w/chocolate frosting, milk.

Thursday: Hamburg gravy on mashed potatoes, buttered corn, bread/butter, chocolate cake, milk.

Friday: Juice, tunaburger, green salad, pineapple, peanut butter cookie, milk.

ROBINSON

Monday: Juice, frankfurt on buttered roll, mustard, relish, buttered carrots, potato sticks, marble cake w/butter frosting, milk.

Tuesday: Macaroni w/meat-to-mato sauce, buttered green beans, bread/butter, applesauce, milk.

Wednesday: Juice, meat ball grinder, cabbage-carrot salad, gingersbread w/topping, milk.

Thursday: Tomato soup w/rice (crackers), peanut butter sandwich, celery sticks, cookie, fresh fruit, milk.

Friday: Citrus juice, tuna fish sandwich, tossed green salad, potato chips, fruit cup, milk.

SOUTH

Monday: Orange juice, franks on buttered roll, mustard, relish, buttered carrots, cheese sticks, fruit cup, milk.

Tuesday: Meat ball grinder w/spaghetti sauce, buttered spinach, peanut butter on rye bread, pine-apple chunks, milk.

Wednesday: Citrus juice, turkey vegetable noodle soup, celery sticks, turkey salad on rye, apple, milk.

Thursday: Italian spaghetti w/meat-tomato sauce, ABC salad, buttered vienna bread, cherry jello w/topping, milk.

Friday: Baked fish sticks, parsley buttered potatoes, buttered carrots, peanut butter sandwich, applesauce cake w/topping, milk.

Agawam Independent by Mail
\$1.50 Per Year

Licensed Plumber, Master Lic. #7683. PLUMBING REPAIR WORK. Remodeling Bathrooms & Kitchens. Also Install and Connect Gas Appliances. Free Estimates. Reasonable. Call R. G. PUPPOLO 733-0532



As the old year draws to a close, and a fresh New Year begins, let us wish you the happy fulfillment of all your hopes and dreams.

O'DONNELL FUNERAL HOME, INC.

494 CHESTNUT STREET

SPRINGFIELD



GARDEN LIQUOR MART
83 River St. 781-4124 West Springfield

Christmas Eve Bride



MRS. DOUGLAS WHITE

Charles DuBois Hodges

In a candlelight ceremony Christmas Eve, in the Agawam Congregational Church, Miss Lorilee Kistner, daughter of Mr. and Mrs. Charles Kistner of Elbert Rd., became the bride of James Douglas White, son of Mr. and Mrs. Douglas White of Senator Ave., Agawam. The Rev. Floyd Bryan performed the ceremony with the reception following in the church parlor.

Col. Robert Haines of Annadale, Va., uncle of the groom sang "Ich Liebe Dich" and O Holy Night accompanied by Mrs. Andrew Toussaint, church organist.

A gown of white shantastic designed in skimmer silhouette and accented with Venise lace was worn by the bride. She carried an old fashioned round bouquet of pompons, pink sweetheart roses, stephanotis and variegated holly.

Miss Molly Kistner attended her sister as maid of honor and Miss Cathy Gogulski was bridesmaid. They wore bolero-style

gowns of raspberry velveteen and carried bouquets of white pom poms, light pink carnations, garnet sweetheart roses and holly.

Paul R. Halbach served as best man and ushers were Charles P. Kistner and Donald Wanat.

The bride, a graduate of Agawam High School, attended Central Connecticut State College and is employed by Western Mass. Electric Co.

The bridegroom is a graduate of American International College. He is an English teacher at the Agawam High School.

Following a wedding trip to Williamsburg, Va., the couple will reside in Springfield.

The Agawam Independent—Thursday, January 1, 1970 Page 5

Sgt. Warga Weds
In Central America

Mr. and Mrs. Andrew Warga of North Westfield St., Feeding Hills, have recently returned from Managua, Nicaragua, Central America, where they attended the wedding of their son, Sgt. James A. Warga. Sgt. Warga was married on Dec. 13th to Senorita Maritza de Los Angeles Boza, daughter of Senor and Senora Adolfo Boza Gutteriz of Managua. The ceremony took place in the church of San Sebastian, Managua, followed by a reception at the residence of the U. S. Ambassador to Nicaragua, the Honorable Kennedy Crockett and Mrs. Crockett.

Sgt. Warga, born and educated in Springfield, has just completed a 26 month tour of duty as Marine Security Guard in the U. S. Embassy in Nicaragua. He enlisted in the U. S. Marine Corps in January 1966 and after completing his basic training at Parris Island and Camp LeJuene was assigned to Camp Elmore, Norfolk, Va., where he served as private driver for the base's commandant.

The former Senorita Boza was born in Nicaragua and was educated in the American School in Managua and in Los Angeles, Calif. Prior to her marriage she had been employed as bilingual secretary to the administrative officer at the U. S. Embassy.

After his separation from the Marine Corps in January, Sgt. and Mrs. Warga plan to make their home in Schenectady, N.Y., area where both will take positions with General Electric Corp. They are presently spending the

Christmas holidays with the groom's parents.

While in Nicaragua the senior Mr. and Mrs. Warga toured many points of interest including several semi-active volcanoes and the old Spanish cities of Leon and Granda which date back to the early 15 hundreds. Just before their departure they witnessed a special ceremony at the U. S. Embassy when their son was honored by Ambassador Crackett with a commendation for outstanding service during his Nicaraguan tour of duty. Sgt. Warga was also presented an engraved sword by his fellow Marines stationed in Nicaragua.

The best demonstration of a man's poise is his ability to talk fluently while the other fellow is paying the check. — Ed Kummer, The Eaton (Coo.) Herald.

DOG TRAINING COURSE

STARTS THURSDAY,
JANUARY 8 — 7 P.M.
FIRST BAPTIST CHURCH
Main Street
Agawam

For Information
CALL ROGER GAGNON
734-7402

FOR NEWS AND ADVERTISING CALL

788-8996



the new
TELEPHONE
 DIRECTORY
for the
SPRINGFIELD
district is closing

Now is the time to notify the Telephone Business Office of any changes to be made in your listing in the white pages of the telephone directory, and to arrange for additional residence and business listings.



New England
Telephone



MALONE'S
FARM &
GARDEN CENTER

338 SILVER STREET

AGAWAM

RE 2-3965

McDonald's

809 BOSTON ROAD — SPRINGFIELD

RIVERDALE ROAD — WEST SPRINGFIELD

MEMORIAL DRIVE — FAIRVIEW

ENFIELD STREET — THOMPSONVILLE

SPORTSMEN'S CORNER



By BILL CHIBA

Once firmly established in an area it is continually criticized as a threat to the deer herd on the grounds that while the annual harvest increases, the long term supply decreases.

Therein lies the proof of the system's success. It allows for controlled harvest of the herd while protecting its breeding population. The result is more deer available to the gunner, though he may see fewer deer, and greater kills recorded as the system progresses.

In New York State, for example, deer hunters set a new record for the third consecutive year in 1968 by harvesting 91,993 animals of both sexes. Party permit gunners account for 39,026. The adult buck kill was a record high 53,957, up for the third consecutive year.

In Pennsylvania, where pioneering biologists set the "impossible" goal of harvesting roughly 25,000 bucks annually, the take now is closer to 75,000, and the combined harvest through use of permits approximates 150,000 deer annually.

New Jersey likewise has achieved success with the permit system. The tiny state now boasts an annual harvest of approximately 10,000 deer.

Do permit systems work? Facts gathered by John W. Marsman, PR Director for Savage Arms bears out that they do.

The deer season is over and some hunters saw fewer deer this year. Many ignore the mild fall and in some areas the good feed conditions and zero in on the antlerless deer permit system. Are they justified?

The permit system for deer hunting has been in existence for two decades in some parts of the country, yet it has not been totally accepted by the hunter.

When first introduced, it is fought by skeptical sportsmen.

OLIVER AUTO BODY

77 WINDSOR STREET WEST SPRINGFIELD
PHONE 734-8284

Depend on OLIVER AUTO BODY for...

- Complete Auto Refinishing
- Color and Matching
- Body and Fender Repairs

— 33 Years of Customer Satisfaction —

WE HANDLE ALL THE DETAILS INCLUDING
TOWING and INSURANCE CONTRACTS

YMCA JOIN TODAY

Mario Sakellis,
Executive Director

The "Y" Fun and Fitness Club will start at the Senior High School gym on Saturday morning, Jan. 10th, at 10, for boys and girls in grades 1 to 6. It is a basic physical program designed to be fun, exercises, skills, training, gym and group games with boys and girls in separate classes. Registrations are now being accepted in advance and parents should call the local "Y".

SKI BUS STOPS

The following bus stops will be available for Ski lessons to start on Saturday morning, Jan. 10th.

Busses will make pick-ups at 8 at DePalma, Garden & Silver Sts., Shoemaker Ln. & Silver St., Granger School, North Westfield & North Sts., Peirce School, O'Brien's Corner, Danahy School, Junior High School, Phelps School, River Rd. & School St., River Rd. & Clifton Dr., River Rd. & Campbell, River Rd. & Dartmouth St., Oxford & South Sts., South & Suffield Sts., Suffield & Adams Sts. and Suffield & Mill Sts.

The program is open to boys and girls from grades 1 and up. Miss Phyllis Augustino, a teacher at the Granger School will be supervisor and Miss Marcia Smith, a Junior Leader will assist. Call the local "Y" for further information.

GIFTS



When you move
to town...or to
a new home...

Your Welcome Wagon Hostess will call with a basket of gifts...and friendly greetings from our religious, civic and business leaders.

If you, or others you know, are moving, be sure to phone Welcome Wagon.

781-1460

WELCOME WAGON

KEYS

RACKLiffe'S

382 WALNUT ST., AGAWAM
Tel. 734-6820

Across from Wonder Meats

MOVING

GEORGE FOISY

Furniture - Piano Moving
TRUCKING • EXPRESSING
Anywhere in New England
or New York State
Reasonable Rates - Free Estimates
RE 4-6638
(If No Answer Call RE 4-4554)

HOME and OFFICE
Rubbish Removal

— REASONABLE —
Tel. 737-5096

PRINTING

QUALITY PRINTING
Agawam
Printing Co.

470 Westfield St. RE 7-4190
West Springfield

Beautiful and Interesting Lamps,
made from vases, statues, and
antiques. All kinds of lamps
repaired.

HANNIGAN'S
RE 7-8730
766 Main St. - West Springfield

Carpentry, General Repairs, Small
Jobs, Painting, Wallpapering,
Storm Windows Removed and
Screens Installed. Alum. doors
and windows installed.

HARRY RIVERS
732-8426 - Agawam - 536-1331

WATCH REPAIR

Fine Watch and Jewelry Repair
by Experts in Our Own
Repair Department

Letalien Jewelers
383 Walnut St.—Tel. RE 9-1684
Next to Wonder Meats

REPAIRING — REMODELING

TELEVISION REPAIR

NEWELL'S
TELEVISION & RADIO
COLOR TV SALES
and SERVICE
374 Park St., W. Springfield
Tel. RE 2-6810

WINTER WOES by Pinson



*Gretta and Lois and Dotty were told:
"If caught on the road all icy and cold,
You won't skid at all,"
Said Ed, Fred and Paul,
"We've put on your tire chains...They HOLD!"*

PREVENT THOSE WINTER DRIVING WOES

The Safe Winter Driving League reports that tests by the National Safety Council disclose that reinforced tire chains cut braking distances in half and provide seven times the pulling ability of regular tires on glare ice. Always carry chains in the trunk of your car and be prepared to use them during severe snow and ice conditions.

TIPS & TRICKS
for TEENS

Have your own hair ornament boutique in a box—a sewing box! Teens are discovering the notions counter as the source of unusual accessories for their tresses. Wide, embroidered ribbons make great headbands—so right for the popular peasant fashions; flowers-by-the-yard

can be entwined in curls for the romantic look; and pretty braid trim and bindings do double duty as ponytail hold-backs. Short lengths of lace, gathered into rosettes and attached to bobby pins, make beautiful "barrettes". There's no limit to what can be done—just let your imagination have a fling.

Let's get glowing, with the newest way to look fresh and glimmer. It's a slick little makeup stick just introduced by Avon, called Glo-Getter. Used alone or over foundation and powder it highlights with a subtle glow of color, creating a soft dewy look. It comes in three shades—peach, tawny and shell. And, it's easily toted in its handy little tortoise case.

Jump for joy into the jumper—the hottest fashion hit for back to school. Favorite fabrics are authentic tartans, giant sized or "mini" plaids. The jumpers can be A-line, full-skirted, or pleated with high-cut, V-necked, or bib-like tops. This fall, if it's plaid, and it's a jumper it's in!



Into the classroom go those colorful totes—op-art, pop art, poster-printed, and wild geometrics—that proved so useful for summer fun. Their size and portability make them just right for carrying all-year gear.

Have a hang-up for your room that you design and make yourself out of those colorful glassy beads you'll find in store decorating departments. Originally intended for use on curtains and shades, the beads can now be purchased in 25 foot strips you can snip apart. Sketch or trace your design on burlap or canvas. Fill in with the beads. You'll have a one-of-a-kind original to brighten up your room.

Art by Avon

FOR FAST SERVICE
TRY CALLING US!

WALTERS TV SERVICE

1508 MAIN ST. - AGAWAM

Same Day Service - 737-7804

SERVICING TV'S — COLOR and BLACK & WHITE

STEREOS and ANTENNAS

License #166

• PHILCO AUTHORIZED SERVICE •

We Give S&H Green Stamps on Service

SELLING YOUR HOME
OR PROPERTY?

Call . . .

PAUL P. NORMAN, Real Estate Broker
582 Springfield St., Agawam

736-0908

At Your Service

EUGENE H. LUND
Director of Veterans Services



The Veterans Administration today looked back on its 1969 operations in a year end report which reflected growth and increased activities in a majority of its programs.

Administrator of Veterans Affairs Donald E. Johnson said these trends were particularly evident in the agency's educational programs. He said a record number of 783,000 veterans, servicemen, sons, daughters, wives and widows are in training programs of all types, an increase of 35% over last year.

Most of these trainees, 736,000, were veterans and servicemen training under the current GI Bill.

A total of 6,650,000 persons have trained under this third generation GI Bill since it went into effect June 1, 1966. Direct benefits in VA educational allowances amounted to \$720 million in 1969.

Mr. Johnson said the report also reflects VA's intensified orientation and counseling efforts to encourage more veterans and servicemen to apply for government benefits. In Vietnam, VA representatives in November provided this service to its millionth serviceman.

The VA chief pointed out that similar service is available throughout the United States through contact representatives at VA hospitals, VA offices and Veterans Assistance Centers.

VA's insurance service did enough business in 1969 to maintain its position as the 3rd largest organization of its type in the United States. It administered government insurance programs totaling more than 5.6 million policies, with coverage valued at more than \$38 billion.

In addition, VA supervised the government-industry Servicemen's Group Life Insurance program with 3.78 million members under the group policy with a total face value of \$37.7 billion. Beneficiaries in all of these programs received about \$980 million during 1969.

Mr. Johnson said another highlight of VA's year end report was the nearly one-quarter million home loans the agency guaranteed for veterans in 1969.

He explained that 80% of these loans went to veterans who served after Jan. 31, 1955, and that the loans were provided despite a general shortage of mortgage funds in many areas of the country.

Among the significant activities of VA's budget service during 1969 was its cooperation with Treasury and Post Office Department officials in speeding delivery of VA checks to beneficiaries in the Hurricane Camille disaster areas of Mississippi and Louisiana.

The VA's construction obliga-

tions during the year amounted to about \$100 million. This includes contracts for new hospitals at Lexington, Ky., San Diego, Calif., and Tampa, Fla., with a total bed capacity of 1,901. Another contract was awarded for the modernization of the VA hospital in Dallas.

Treatment in VA hospitals rose

18,000 to 776,000 veterans during 1969. The increase was partly the result of improved techniques and facilities which made shorter hospital stays possible, thus permitting a larger number of veterans to be treated.

Meanwhile, the population of America's living veterans rose during the year from 26,700,000 to an estimated 27,300,000 as of December 31 1969.

The projected population of Vietnam Era veterans as of Dec. 31, 1969, is approximately 3,700,000, compared to about 2,800,000 a year ago.

Prepared Space Man

Music Is Important To Education



For today's schoolchild the "doctor, lawyer, merchant" jingle is strictly old hat. His version goes more like "astronaut, football pro, corporation chief"! Parents sending their youngster back to school face an age-old problem: how to help him achieve his goals.

A look at some of today's outstanding men can give them a hand. What do the first man on the moon, a pro football coach, and the chairman of the board of a large corporation have in common? In a word - music!

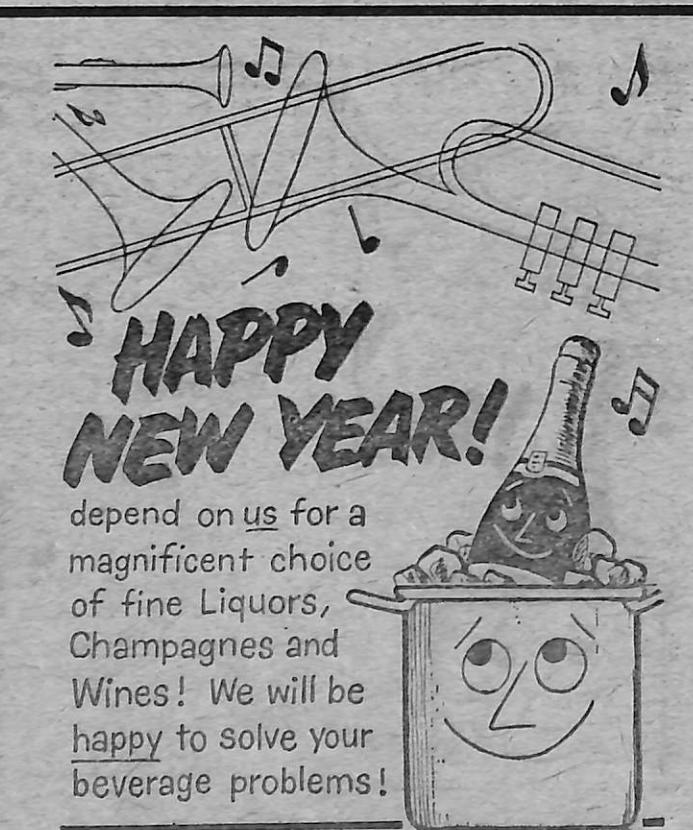
The fact is that today's student, no matter what his goals, needs more than technical study. He needs aesthetic influences to help him become a well-rounded, happy person. Music, because of its unique communication of emotions, can provide this important "extra."

Music study has its practical side, too. Thought control - that's what Neil Armstrong says music gave him. Armstrong, who played baritone horn in his high school band, gives music education credit for helping prepare him for his journey from Wapakoneta, Ohio, to the moon.

Football coach Otto Graham's got rhythm, and he says music gave it to him: "Music has helped me. Any good athlete has to have rhythm, has to have timing. And, of course, music is rhythm and timing."

A "home filled with music" played a big part in the childhood of Raymond Firestone of the Firestone Tire and Rubber Company. "My appreciation of music started at an early age," Firestone says. "As children will find in later years, music education is one of their greatest assets for a full, complete life."

Now that school is about to begin, parents will want to decide about their child's joining the school band and beginning his music education. There's a helpful booklet, "An Enriched Life for Your Child Through Music," which answers questions about choosing an instrument, renting one, and learning to play it. Send for it by writing Conn Corporation, Elkhart, Indiana 46514. Enclose 25¢ to cover postage and handling.



• ROCK SALT •
Straw - Bird Seed
Sunflower Seed
Lawn Seed
• FERTILIZERS •
PEAT MOSS • RAKES

MALONE'S
FARM and Garden Center
338 SILVER ST., AGAWAM
RE 2-3965

The Agawam Independent—Thursday, January 1, 1970 Page 7

Submarine Used for Geological Research in Gulf of Mexico

A little yellow submarine makes it possible for fifteen geologists to examine, with their own eyes, the sea floor at the bottom of the Gulf of Mexico and to record their observations for future study with video tapes.

"We wanted to get firsthand knowledge of the capabilities and application of a submersible to offshore research and exploration. We feel that the trained human eye is still an essential element in gathering and evaluating offshore data. Direct visual experience with the characteristics of the sea bottom may be a useful supplement to the other work that we do from the surface of the sea," he said.

This is believed to be the first time an oil company has used a submarine for undersea geological research and exploration. R. W. Bybee, manager of Humble Oil & Refining Company's East-

SHOE REPAIR

EXPERT SHOE REPAIR
Heavy Duty Farm Shoes
Children's and Men's Dress Shoes
Mike's Shoe Repair
Hours: Wed., Thurs., Fri.
6 P.M. - 8:30 P.M.
Sat. 9 A.M. - 6 P.M.
60 SOUTH WESTFIELD ST.
FEEDING HILLS

CHINESE FOOD
AND AMERICAN
Eat Here or Orders To Go
SOO'S Restaurant
344 Elm Street Westfield
Tel. LOgan 2-9794



384 Walnut St. Tel. 736-4144 Agawam
OPP. WONDER MEATS

875 Enfield Street Thompsonville, Conn.

STATE OF THE STATE

by Governor Francis W. Sargent

A MONTHLY REPORT TO THE PEOPLE OF THE COMMONWEALTH

This month, three subjects concern me seriously.

I can, in limited space, only highlight the extent of my concern. The three topics are consumer protection, welfare, and housing.

Consumer: A VIP

Across America, the consumer has become a VIP.

This State's Consumers Council has been a model for America.

The Council should take the forefront in an even more important area: the education of the consumer to some of the pitfalls that unfortunately await him in the market place.

I will, next year, double the budget of the Consumers Council.

I will file legislation to broaden unit pricing in Massachusetts — a sort of truth in pricing system that will permit shoppers to know the price per unit of measure, the price per pound, the price per gallon, the price per standard numerical count. The day will end when the housewife will need a computer to compare.

Consuming Cycle

One of the major consumers in Massachusetts is the welfare recipient. He consumes, it must be said, a major part of the state's revenue resources as he attempts to make ends meet in a cycle of poverty that ever tightens.

The system today, basically the federal program of Aid to Families of Dependent Children, has been tottering near collapse for years. President Nixon has recognized that fact and proposed replacement of AFDC with a so-called "Family Assistance" Plan administered under Social Security. I support it.

It sets as a goal the liberation of the poor family from the poverty cycle. Welfare aid, this new approach proclaims, should promote self-improvement, not self-despair.

The fact is, however, Massachusetts cannot wait for congressional approval of the Nixon plan. I am ordering Welfare Commissioner Ott to install a "standard budget" or "flat grant" system based on the number of members of a family. This will guarantee a fairer method of distribution.

I am ordering the reallocation of special need payments for furniture and clothing. All such money now so distributed should be used to



Francis W. Sargent

Then there was the fellow who bumped his head and went into a 20-year coma. Awakening refreshed and clear-headed in 1989, the first thing he did was to phone his broker. With the help of a company set-up, it took his broker only a few minutes to report that his shares of AT&T were now worth \$8.5 million, his shares of General Motors were now worth \$5.5 million, and his holdings in Xerox had increased

to an amazing \$15 million.

"Good Lord!" exclaimed the man. "I'm rich!"

At which point the telephone operator came on the line and said, "Your three minutes are up. Would you please deposit a million dollars?"

January 4, 1493 — Columbus sailed for Spain on his return voyage from the new world.



PUBLIC LIBRARY AGAWAM, MASS. THE WAY TO A MAN'S HEART

The way to a man's heart is still through his stomach, but the old saying has taken on a second meaning: the food you eat can endanger your heart, or protect it.

The typical American diet is rich in eggs, which are high in cholesterol; and meats, butter, cream, and whole milk, which are high in animal (saturated) fats. These foods tend to raise the level of cholesterol in the blood, and

a high blood cholesterol level contributes to the development of atherosclerosis, a form of hardening of the arteries.

For many people who show no evidence of having developed heart attack may be increasing if their regular diet has been high in saturated fat and cholesterol.

To reduce this risk, scientists recommended a meal plan that is low in saturated fat and cholesterol and still provides all the essential nutrients.

To help you follow a fat-controlled, low cholesterol diet, here is some information about cholesterol and different types of fat in foods.

CHOLESTEROL is a waxy material used in many of the body's chemical processes. Everyone requires it in correct amounts for good health, but too much cholesterol in the circulation encourages the development of heart and blood vessel diseases.

We get cholesterol in two ways: It is manufactured by the body from all foods; and we get it directly from foods of animal origin.

Egg yolks and organ meats are very high in cholesterol, and shellfish are moderately high in this substance. These foods are restricted in this diet. There is no cholesterol in foods of plant origin such as fruit, vegetables, grains, cereals, and nuts, and these foods are recommended.

SATURATED FATS tend to raise the level of cholesterol in the blood and are therefore restricted in this diet. These are fats that harden at room temperature, and they are found in most animal products and some

hydrogenated vegetable products: Saturated animal fats are found in beef, lamb, pork, and ham; in butter, cream, and whole milk; and in cheeses made from cream and whole milk.

Saturated vegetable fats are found in many solid and hydrogenated shortenings; and in coconut oil, cocoa butter, and palm oil (used in commercially prepared cookies, pie fillings, and non-dairy milk and cream substitutes).

POLYUNSATURATED FATS, which are recommended in this meal plan, are usually liquid oils of vegetable origin such as corn, cottonseed, safflower, sesame seed, soybean, and sunflower seed oils. They tend to lower the level of cholesterol in the blood by helping the body to eliminate excess, newly-formed cholesterol.

Olive oil and peanut oil are also vegetable products, but they are low in polyunsaturated fats and neither raise nor lower blood cholesterol. You might want to use them for flavor occasionally, but they do not take the place of polyunsaturated vegetable oils. Your daily intake of salad dressings, cooking fats, and margarines should emphasize the recommended polyunsaturated vegetable oils for their cholesterol-lowering effect.

TOTAL FAT is low in chicken, turkey, fish, and lean veal, and they are recommended.

HYDROGENATION changes liquid fats to solid fats. Completely hydrogenated (hardened) oils resemble saturated fats and should be avoided or used in moderation; but most margarines and shortenings containing partially hydrogenated oils also contain acceptable amounts of polyunsaturates.



by Joan Crawford

Z

Fond of Fondue

The gourmet revolution has finally come about after years of agitating by food editors, professional chefs, and a front flank of soldiers like James Beard, Michael Field and Julia Child. Americans have suddenly discovered what Europeans have been telling us for years—Continental cuisine is saucy, superb and succulent.

As a result of this new interest in gourmet yummies, little sections of supermarkets now feature foods with a foreign flavor; department stores are doing land-office business in fondue pots and dishes; and daytime TV culinary demonstrations are winning women away from All-American Steak and Mom's Apple Pie.

I have always been especially fond of fondue. This basically Swiss Thing is usually a heady mixture of cheese, wines and spices heated to the melting point over a special low flame. Guests then take cubes of French bread on special little skewers and dip them in. Actually, fondue can be more than a snack or appetizer.

I've served a meat fondue as a complete meal. The basic trick is to get good quality, defatted beef or pork (let your butcher cube it for you!) and allow about 8 ounces per person. Put in the fondue dish about a 1/2 pint of vegetable oil and heat. Then let each person skewer a cube and cook it to his liking. A nice touch is to add bowls of sauces to the table and let guests just dip in; I've had delicious luck with mixtures like sour-cream-and-chives, curry-and-sour-cream, and dill-and-sour-cream. Or you can just set out some chili, ketchup or English mustard. Top off the fondue entree with a good salad, a huge pitcher of refreshing iced Pepsi-Cola, or a full bodied Burgundy for wine fanciers—and you've got a meal that anyone would be fond of. Nobody minds getting "skewered" this way!



AGAWAM WINDOW CLEANING
Mothers Little Helper
Floors Washed and Waxed
Janitorial Service,
Residential and Industrial

ST 8-6275

734-7268

EMERGENCY

734-7268



24-Hour

Road Service - Towing

Road Aid
RA
of Mass.

EXPOSITION SERVICE GARAGE

S
A
V
E

WRECK REBUILDING
ALIGNMENT — WHEEL BALANCE
AIR CONDITION — REPAIRS
— Also —
AGAWAM AUTO CLINIC
Diagnostic Tune-Up Center
For Late Model Cars

634 Main St., Agawam, Mass.

Just South of Route 57 Overpass

734-7268

734-7268

• CUT OUT THIS AD AND SAVE IT •

• NOW OPEN •
ETHEL'S CARD AND
GIFT SHOPPE

680-rear Springfield St.
Feeding Hills

Greeting Cards and Gift Wrapping
for All Occasions

All For 1/2 Price

BROWSERS WELCOMED

Mon., Tues., Wed. and Sat. 10 a.m. to 6 p.m.
Thurs. and Fri. 12 noon to 9 p.m. — Sun. 1 p.m. to 6 p.m.

Phone In Your Subscription - ST 8-8996
or Mail Coupon Below

TEAR OUT AND MAIL
PLEASE ENTER MY
SUBSCRIPTION FOR
ONE YEAR
FOR \$1.50

PAYMENT
HEREWITH
 BILL ME

THE
AGAWAM INDEPENDENT

375 WALNUT STREET
AGAWAM, MASS. 01001

Please Print Clearly

Street Address

Signed _____

SUBSCRIPTION BLANK